

THE INFLUENCE OF LIFE SCRIPTS ON ATTITUDE FORMATION

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ABSTRACT

This review paper explores the role of the life script, a concept from transactional analysis, in the formation of individual attitudes. Attitudes, understood as relatively stable cognitive, affective, and behavioral tendencies toward objects, people, or phenomena, are not solely shaped by rational processes but are often rooted in early childhood experiences. The author examines how script messages, prohibitions, and imperatives—internalized during development—influence basic life positions and lead to the formation of specific attitudes toward oneself and others. Particular attention is given to early script decisions, contamination of the Adult ego state, script logic, and antiscript dynamics. It is emphasized that attitudes are frequently governed by unconscious life plans, and that psychological work focused on awareness and restructuring of these patterns may contribute to greater autonomy and cognitive-emotional flexibility. Using the theoretical framework of transactional analysis, this paper highlights the importance of deconstructing script-based beliefs to understand the origins and potential for change in individual attitudes. In conclusion, the author argues that awareness and critical reflection on script messages is a key step toward forming healthier, more autonomous, and constructive attitudes—both in personal development and social interaction.

Keywords: life script, attitudes, script messages, transactional analysis, script logic.